

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

JULY 2015



Polish Night July 31st 5:30pm

Celebrate with us as we enjoy a Polish dinner of pierogi and kielbasa and live entertainment. The dance floor will be open! \$7 per ticket.



Summer Sizzler Party-July 2nd 5:30pm

Come kick off summer with us! This party is outside (weather permitting) and features a variety of outdoor games, music, a delicious grilled meal and summer "mocktails". You won't want to miss it! If raining or extreme heat, the party will be moved inside. \$7 pre-registration is required.



Creative Meals for One July 16th 1pm

This interactive cooking class will teach you how to make quick and healthy meals for one, using chicken. This class will be led by DJ Cox and is sponsored in part by Home Instead Senior Care. You will get to take home what you make! \$2 and pre-registration is required.



Bracelet Making July 28th 10am

Make a beautiful gemstone bracelet with toggle clasp. No experience necessary. Several stone options will be available. This project is generously brought to us by Wadsworth Glen Health Care & Rehabilitation Center. Pre-registration is required. FREE

Tin Can Windsocket Craft Project July 21st 1pm



This great craft is generously brought to us by Autumn Lake Healthcare at Cromwell. This is a free program, but pre-registration is required.

Andy Weil Poetry July 13th 10am



You won't want to miss this month's unique entertainment! Andy Weil, a CT resident, long-time poet, funny-man, musician, and certified die-hard cynic reads his poems and entertains with a variety of stories.



Come spend an unforgettable and energetic hour with Andy! Free and no pre-registration required.

Pizza & A Movie July 13th 1pm

Enjoy pizza while you watch "5 Flights Up", starring movie greats Diane Keaton and Morgan Freeman. This movie is approximately 92 minutes and rated PG-13. This movie will be shown on the 80" screen in the dining hall. \$2 and pre-registration is required.



Ice Cream Social and Discussion July 30th 2pm



This ice cream social is generously sponsored by Companions & Homemakers. Free, but pre-registration is required.

Early Bird Dinner: Swordfish July 14th at 3pm



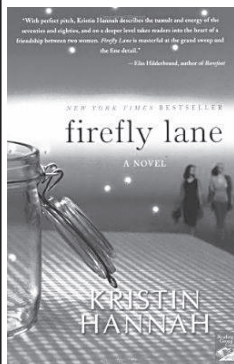
Come and enjoy a lighter, healthy dinner! Includes swordfish, macaroni salad, a vegetable, and dessert. \$5 pre-registration is required.

AARP Driver Safety Courses 7/21, 9/15, 11/17 12:30-4:30pm



\$15 for AARP Members / \$20 for Non-Members. Must register in advance. Payment by check only.

Monthly Book Club July 27th at 2:30pm



This month, our book club will be reading "Firefly Lane" by Kristin Hannah. You can join in at any time! Books are available for purchase for \$3 in the Senior Services office. The book club will meet to discuss the book on Monday, July 27th at 2:30pm.



Middletuners Chorus Annual Performance July 7th at 12:30pm

The Senior Services' Chorus, the Middletuners will be performing their 1 hour show on July 7th at 12:30PM. Did you know that they travel around the state performing throughout the year? Unlike the sing-along, this is a formal performance. This year's performance features a special guest from Hawaii.

Baking with Ann July 23rd at 1:30pm

This month's project is baking cookies. \$2 and pre-registration is required. Have fun, socialize and take home what you bake!

Chronic Obstructive Pulmonary Disease Informational Presentation—July 10th 1:00pm

Sponsored by Middlesex Hospital Homecare, this presentation will show you how to catch the wind in your sails and live with COPD.

Breakfast July 17th at 9:30 am



Delicious French Toast and Bacon Breakfast! \$2 and pre-registration is required.

Educational Health Seminar Heat Exhaustion / Heat Stroke July 30th at 10am

Presentation by Janet Leonardi, R.N. on Heat Exhaustion/Heat Stroke. Valuable, potentially life saving information for these hot summer months.

Game Show Afternoons July 6th at 2pm & July 24th at 10am

Game Show!!

This fun, competitive, and interactive program has been scheduled twice this month at your request! Hosted by Laura, we'll play games like Family Feud, Wheel of Fortune and Jeopardy. Each game is limited to a certain number of contestants. Prizes this month will be a mix of grocery items. Will you be our next contestant?

July Birthday Party July 20th 2:30pm

Celebrating all July birthdays! All are welcome and encouraged to participate. This program is generously sponsored by Water's Edge Center for Health and Rehabilitation.



Strawberry Shortcake Social July 9th at 3pm



Come and enjoy this delicious summer time treat! \$1 and pre-registration is required.

Senior Services Division Contact Information

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
Senior Services E-mail: Seniors@MiddletownCT.gov
Senior Services Website: www.middletownct.gov/seniors
Acting Director: Debbie Stanley (860) 638-4501
Senior Services Manager: Ann Gregg (860) 638-4548
Senior Services Coordinator: Heidi Geores (860) 638-4541
Senior Services Specialist: Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer: Laura Runte (860) 638-4542
Program Aide/Custodian: John Marion (860) 638-4540
Night Custodian: Billy Martinez (860) 638-4540
Bus Driver: Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch: CW Resources (860) 558-5285 (Brian)

Volunteer Club Meeting July 16th at 11am

Come and find out how you can get involved!

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—Anytime / Lessons Fridays at 9am (F)
Blood Pressure Clinic—Tuesdays 12:45-1:45pm (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book only)
Cable TV—Anytime (F)
Card Games—Anytime & Thursdays at 12:30pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime (F)
Dancing for Joy—Mondays at 1:30pm (F)
Dominoes—Anytime & Mondays at 12:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Gardening—Thursdays at 9am (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Knitting—Thursdays at 1pm (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Middletuners Chorus Practice—Wednesdays at 3pm (F)
Movies—Tuesdays at 12:30pm (F)
Oil Painting—Tuesdays at 1pm (F)
Ping Pong—Check Calendar in this newsletter (F)
Reflexology—By appointment (\$)
Reiki—First Thursday of the month (\$)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays at 11am (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to our June winner, Julio DeJesus. Enter for a chance to win a free lunch, compliments of CW Resources.

May's Brain Teaser Winners

**Denotes Prize Winner*

Nancy Clayton, Anamarie Cook, Joan Fazzino, Jane Koelsch, Ann Osora, Mark Radziwon, Chuck Stanley, *Liz Whittaker

Congratulations to all of our winners. Please stop by the Center to pick up the June Brain Teaser.

Senior & Community Ctr Guided Tours

If you haven't been to our center yet and would like a guided tour. We will be offering tours on July 6th at 3:30pm & July 29th at 9:30am.

Lunch Served Daily



Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal.

Please call Brian, our café manager at 860-558-5285 for a reservation.

Lunch menus available at the Center, on our website or can be e-mailed by request.

Transportation (860) 347-3313

Dial-a-Ride—The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit.

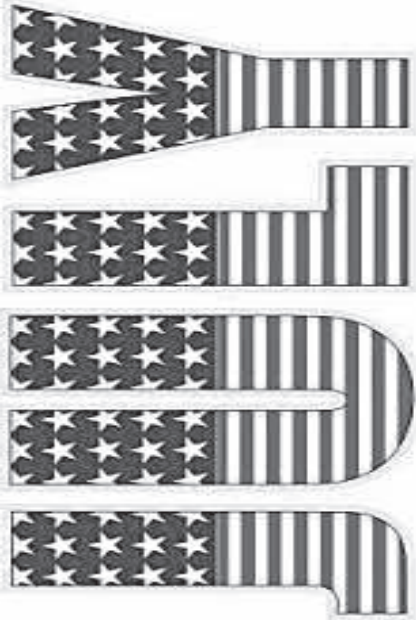
Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed. Without a reservation.....

The only set schedule operating is:
Traveling to the Senior & Community Center
(Pick-ups):

South Green	Sbona Towers	OMH	Rivers Edge	Senior Center
11:20	11:25	11:30	11:35	11:45

Departing from the Senior & Community Center:

Mon	Tues	Wed	Thurs	Fri
1pm	1pm	1 & 2:30pm	1pm	1 & 2:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-4 Ping Pong Available 3:00-5:00 Middletun- ers Chorus Practice	2 9:00 Lets Garden 9:00-12:00 Mahjong 9:00 Reiki 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 5:30—Summer Sizzler Party NO EXERCISE WITH RONNA TODAY	3 CLOSED 4TH OF JULY
6 9:00-3:00 Massage 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2:00 Game Show Afternoon 3:30 Senior & Community Center Guided Tour	7 9:00 Mohegan Sun Casino Bus Trip 9:30 Bunco 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Middletuners Chorus Annual Performance 12:30-4 Ping Pong Available 12:45-1:45 Blood Pressure Clinic 1:00 Oil Painting	8 9:00-9:45 Exercise 9-2:30—Foot Care—by appointment 10:00 Scrabble 10:00 Yoga 11:00 Coffee With the Manager 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-4 Ping Pong Available 3:00-5:00 Middletun- ers Chorus Practice	9 9:00 Lets Garden 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 3:00 Strawberry Shortcake Social	10 9:00 Bocce 9:30—August Bus Trip Sign-Ups 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 COPD Health Seminar 1-4 Ping Pong Available NO BINGO TODAY DUE TO GUEST SPEAKER
13 9:00 Exercise 10:00 Andy Weil Poetry—Monthly Entertainment 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:00 Pizza & A Movie 1:30-2:45 Dancing for Joy	14 9:30 Bunco 9:30 Zumba (DVD) 10:00 Tanger Outlet & Fishtale Restaurant 11-12 Therapeutic Fitness 12:00 Lunch 12:45-1:45 Blood Pressure Clinic 1:00 Oil Painting 3:00 Swordfish Dinner	15 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 10:30 How to Read Product Labels Workshop 12:00 Lunch 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1-4 Ping Pong Available 3:00-5:00 Middletun- ers Chorus Practice	16 9:00 Lets Garden 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 11:00 Volunteer Club Meeting 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:00 Creative Meals for One 2:00 Line Dancing	17 9:00 Bocce 9:00 French Toast Breakfast 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1-4 Ping Pong Available

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<p>20</p> <p>9:00-3:00 Massage 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2:30 July Birthday Party sponsored by Water's Edge Center for Health & Rehabilitation</p>	<p>21</p> <p>9:30 Bunco 9:30 Zumba (DVD) 10:00 Gillette's Castle & La Vita Gusta Rest. 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Middletuners Sing-Along 12:30 AARP Safe Driver Class 12:45-1:45 Blood Pressure Clinic 1:00 Oil Painting 1:00 Tin Can Wind-socket Craft sponsored by Autumn Lake at Cromwell</p>	<p>22</p> <p>9:00-9:45 Exercise 9-2:30—Foot Care—by appointment 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-4 Ping Pong Available 3:00-5:00 Middletuners Chorus Practice</p>	<p>23</p> <p>9:00 Lets Garden 9:00-12:00 Mahjong 10:00 Exercise 10:00 Thimble Island Cruise & Fishtale 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 1:30 Baking With Ann 2-4 Ping Pong Available NO LINE DANCING TODAY</p>	<p>24</p> <p>9:00 Bocce 9:30 Zumba (DVD) 10:00 Game Show Program 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1-4 Ping Pong Available</p>
<p>27</p> <p>9:00-3:00 Massage 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting</p>	<p>28</p> <p>9:30 Bunco 9:30 Zumba (DVD) 10:00 Bracelet Making sponsored by Wadsworth Glen Health Care & Rehabilitation 10:45 Trader Joe's & Bertucci's 11-12 Therapeutic Fitness 12:00 Lunch 12:45-1:45 Blood Pressure Clinic 1-4 Ping Pong Available 1:00 Oil Painting</p>	<p>29</p> <p>9:00-9:45 Exercise 9:30 Senior & Community Center Guided Tour 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1-4 Ping Pong Available 1:00 Bingo 3:00-5:00 Middletuners Chorus Practice</p>	<p>30</p> <p>9:00 Lets Garden 9:00-12:00 Mahjong 10:00 Exercise 10:00 Health Seminar on Heat Exhaustion / Heat Stroke 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 2:00 Ice Cream Social sponsored by Companions & Homemakers</p>	<p>31</p> <p>9:00 Bocce 9:30 Zumba (DVD) 11:00 Meditation (DVD) 11:15 YMCA Presentation with Sue Dionne and staff 12:00 Lunch 1:00 Bingo 1-4 Ping Pong Available 5:30 Polish Night</p>



Bus Trips

July

- 7th**—Mohegan Sun (9-4) \$4
14th—Tanger Outlet & Fishtale Restaurant (10-3) \$3
21st—Gillette's Castle Park & La Vita Gusta Restaurant (10-2:30) \$3
23rd—Thimble Island Cruise & Fishtale (10-2:30) \$10
28th—Bertucci's & Trader Joe's (10:45-3) \$4

August

Subject to Change before Bus Sign-up Day

- 4th**—Foxwoods Casino (9-3:30) \$4
11th—Bishop's Orchards (10-1) \$3
12th—CT Trolley Museum & Chowder Pot (9:30-3) \$10
18th—Brass Mill Center & Frankie's Hot Dogs (9:30-2:30) \$3
25th—Mystic Village Shoppes/Abbotts Lobster (9:30-3) \$4

Bus Sign-ups for the August trips is July 10th at 9:30am. Sign-ups are done by a lottery. Numbers are drawn at 9:30am.

Have you received your membership card? If not, please stop by the front desk.

Northern Middlesex YMCA Presentation July 31st at 11:15am



Calling all Active Older Adults!!

Join Sue Dionne and staff from the Northern Middlesex YMCA and find out all of the great things the YMCA has to offer.



Silver Sneakers is a fun, energizing program that helps older adults take greater

control of their health by encouraging physical activity and offering social events.

Health plans around the country offer this award-winning program to people who are eligible for Medicare or to group retirees. Silver Sneakers provides a Middlesex YMCA membership with these great benefits:

- Access to conditioning classes, exercise equipment, pool, sauna and other available amenities as well as customized silver sneakers classes designed exclusively for older adults such as aqua fitness in the pool and much more!

Come for the presentation and stay for lunch. Remember to make your lunch reservation at least 24 hours in advance.

Senior Services Updates

Billy Martinez has recently joined our staff as our new night custodian. Please help us welcome Billy to our team!

You might see a few new faces during the summer. These seasonal staff members are brought to us thanks to the City's Youth Services program and the Business Industry Foundation's Youth at Work program.

Just a reminder, the Senior Services office has been temporarily relocated to the 2nd floor for the Summer. We are working on getting a 2nd membership card scanner so we will have one on each floor.

Coffee with Ann—July 8th at 11am



This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome. Coffee and light refreshments.

Farmer's Market Vouchers Early-Mid July Start Date

We should be receiving the Farmer's Market Vouchers around the 2nd week of July. \$18 booklet of checks for use at approved Farmer's Markets.

We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income (no more than \$21,775 for single or \$29,471 for couple). Only 1 booklet may be issued per year.

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Middletuners Sing-Along Schedule

Join the Middletuners for a fun sing-along on July 21st from 12:30-1:30pm. No pre-registration required. Come socialize, sing



and have fun! Make your lunch reservations in advance! Sing-alongs are the third Tuesday of every month. 7/21, 8/18, 9/15, 10/20, 11/17, 12/15

How to Read Product Labels Workshop with Melissa DiPiero **July 15th 10:30am**

Melissa will show us how to read product labels and identify those ingredients that are harmful to our body or home. She will share tips on shopping smarter and healthier. Free program

Bocce

The bocce court is open Monday through Friday 8:30am-4:30 pm weather permitting. It can be used on a first come, first serve basis. The only set schedule we have running right now is Fridays at 9am. A staff member will be available during this time for anyone who needs a quick lesson.



Ping Pong



The ping pong table will be set-up and ready for use on the 2nd floor in the multi-purpose room. First come first serve on these dates/times:

- 1pm til 4pm on July 1st, 8th, 10th, 15th, 17th, 22nd, 24th, 28th, 31st
- 12:30pm til 4pm on July 7th
- 2pm til 4pm on July 23rd